

Healthy Thanksgiving Recipes

Pumpkin Pudding

Pumpkin is a great source of fiber and nutrition so don't pass it up, just pass on the crust!

To make the pudding use:

1-2 cup pumpkin puree (I like to use the real thing, real pumpkin that is)

1/4 cup pitted, packed dates - chopped

4 tablespoons coconut milk

2 dashes of organic stevia

1/2-3/4 teaspoon cinnamon

1/2 teaspoon vanilla



You can also serve with organic vanilla wafers or with your favorite gluten-free nut crust recipe.

Turkey Soup

What to do with leftover turkey!

1 – 1.5 cup diced tomatoes

1- 1.5 cup tomato sauce

1-2 cups of cubed turkey

1-2 cups black beans (cooked)

Add the following spices:

1 tsp oregano

1 tsp cumin

½ tsp cayenne

1 onion chopped

2-4 cloves of garlic minced



Saute onion & garlic in coconut or grapeseed oil and add all remaining ingredients.



Healthy Thanksgiving Recipes

Guacamole

4-5 ripe avocados
½ red onion, minced (about ½ cup)
1-2 jalapenos, minced
½ bunch cilantro, finely chopped
½ squeezed lime or lemon juice
½ teaspoon coarse sea salt
dash of freshly ground black pepper
1 ripe tomato, chopped



Scoop avocado from peel and mash with a fork in a mixing bowl. Add chopped onion, cilantro, lime, salt and pepper and mash more. Add peppers until desired hotness.

Keep the tomatoes separate until ready to serve. Cover with plastic wrap directly on the surface of the guacamole to prevent oxidation (it also helps to put guacamole in a glass bowl). Refrigerate until ready. Mix in tomato just before serving. Serve with organic corn chips or fresh veggies



Healthy Thanksgiving Recipes

Crockpot Gluten Free Cornbread Dressing

2 1/2 Lbs gluten free cornbread
3 Tablespoons coconut oil
1 1/2 cups finely chopped celery
1/2 cup finely chopped carrot
1 tablespoon dried thyme
1 teaspoon dried sage
2 teaspoons sea salt
1 teaspoon freshly ground black pepper
1 1/2 cups vegetable stock



Cut cornbread into 1-inch cubes, place on large baking sheet and let dryout for several hours or overnight. Place in a large mixing bowl. Set aside. Preheat crockpot to high.

Add onion, celery and carrot. cook 1 hour in crockpot or until softened but not browned.

Transfer the vegetable mixture to a bowl, stir in the thyme, sage, salt and pepper. Next add mixture to cornbread and toss to moisten.

Turn the crockpot to low and spread in crockpot. Cook for an additional 3 hours or until the top is crisp and golden.

Amazing & Easy Cranberry Salad – more like dessert!

2 cups raw cranberries
8 large medjool dates (pitted)
2 oranges peeled
1 apple
4 tablespoons walnuts



Place all ingredients in food processor or Vitamix and blend for one-two minutes. Mix should be chunky.

Makes 4 servings.

